

## Charlottetown Yoga

Charlottetown Yoga - In accordance with ancient Hindu philosophy, Kundalini energy is a coil of energy located at the base of the spinal column. Through the work and process of development spiritually, Kundalini energy can be stimulated. The method of stimulation causes energy to rise along the backbone, stimulating the energy centers called chakras along its path. This awakening is said to result in spiritual enlightenment along with physical effects.

Precisely when the concept of Kundalini started is not established. There are passages in the 8th century Siva Sutras which assume that the reader is familiar with it. In Hatha Yoga Pradipika, a Hindu text which was written between the 12th and 15th centuries, the Kundalini is described in much greater detail. It elaborates on the physical exercise which the Western cultures most normally associate with yoga.

While he was translating two Hindu texts, Sir John Woodroffe referred to Kundalini as "Serpent Power." His descriptions during the early part of the 20th century have led to the longstanding image of Kundalini as a snake. The word Kundalini actually translates to mean "coiled up." Well-known Western thinkers C.W. Leadbeater and Carl Jung both discussed Kundalini in their writings. Lots of their critics complain that they did not do the idea any justice as they took it out of its cultural context.

There are a number of individuals who choose to explore the idea of Kundalini by practicing Kundalini Yoga. This is a combination of postures, chanting and meditation which is designed to awaken the Kundalini power in the body. Awakening the Chakras could also comprise consuming particular foodstuff, contemplating certain images and completing special breathing exercises. Many people feel this is the ultimate form of mind and body exercise in view of the fact that it emphasizes the physical benefits of spiritual health. Some of the medical professions in the West have recently given Kundalini Yoga a second chance.

The reputation of Kundalini Yoga is that the practice is really powerful and nearly all practitioners warn newcomers wanting to seek to stimulate this power should be done under the supervision of an expert. Stimulating Kundalini energy is thought to be a lengthy lifelong learning method. As Kundalini rises through the chakras, it can be an exceptionally intense experience both physically and emotionally. Some people believe that it can also be harmful if not performed with caution and performed correctly.

There have been some side effects noted to Kundalini awakening consisting of: headache, tingling sensation, depression, gastrointestinal problems and anxiety amongst others. It is suggested to tell a doctor of medicine whom you believe and to secure a spiritual leader prior to seriously embarking on Kundalini work. This would help maintain individual safety because diagnosing whichever medical issues which can probably be connected to Kundalini can prove to be a delicate issue. Those who practice Kundalini and practitioners themselves believe that awakening it could have fantastic advantages in each and every aspect of an individual's existence. It is always suggested to consult your medical doctor prior to starting whatever new physical activity.